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Premier wants to OK energy line without hearing

ENERGY Alberta's premier plans to power ahead on plans for a Calgary-to-Edmonton transmission line despite controversial plans to avoid a public hearing.

Ed Stelmach yesterday said the province's aging energy grid needs to be improved and a move to push through a proposed bill to allow companies to start building the line as critical infrastructure has had plenty of input.

But Mayor Dave Bronconnier said a multi-billion-dollar piece of infrastructure, that will impact all taxpayers, should be subject to a formal public hearing.

"There should be a public hearing on this so we ensure we're doing the right thing with a \$15-billion piece of infrastructure," he said.

Enmax CEO Gary Holden, who has opposed the transmission line, will host a public town hall tomorrow at Hotel d'Arts at 119 12th Ave. SW starting at noon.

METRO CALGARY

News on the Move

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Relating pg 10

Let's talk about text



On the web

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Flames Getting fired up



Edmonton Oilers' J.F. Jacques, right, and Calgary Flames' Robyn Regehr fight during second period preseason NHL hockey action in Edmonton. The Flames won the game 5-3.

Premier pledges support for seniors

Stelmach champions assisted living, calls NDP numbers 'flawed'

SHAWN LOGAN
for Metro Calgary

Alberta seniors won't be left out in the cold despite claims from the NDP, Premier Ed Stelmach vowed yesterday.

Responding to a leaked draft report suggesting that the province drastically scale back long-term care spaces, Stelmach said the focus should be on getting seniors into assisted living spaces as opposed to acute care beds.

"We have to make sure we have proper accommodations in place and that means moving a lot of seniors out of the hospital," he said.

"Hospitals are not homes, and we want to make seniors as comfortable as possible and allow them to return to the communities that they helped build."

NDP Leader Brian Mason blasted the Conservative government after unveiling the leaked report on Tuesday, saying seniors

who require high levels of care will be dumped into assisted living homes where they won't receive the support that they need.

The 60-page draft, prepared for the province's long-term care branch in May, calls for the ratio of long-term care beds to be reduced to 20 per cent of total care space in Alberta, down from the current level of 40 per cent.

Meanwhile, assisted living spaces would be augmented to 60 per cent

while supportive living would make up the remaining 20 per cent.

But Stelmach said the "NDP's mathematics are totally flawed," and the quality of life for seniors will be better in assisted living environments rather than long-term care facilities.

He noted the province has been working with seniors groups to find the right balance and to ensure they are not on the hook for higher costs for care.

Metro still Canada's No. 1 free daily paper: NADbank

STATISTICS The numbers are in, and we're still No. 1.

According to the latest Newspaper Audience Data-bank (NADbank) results released yesterday,

Metro Canada has reinforced its position as the most-read free daily in the country.

Metro Canada now reaches 1,180,000 readers every weekday and 2,552,200 weekly readers coast to coast in Halifax, Montreal, Ottawa, Toronto, Calgary, Edmonton and Vancouver.

That's more than a six per cent boost in daily readers and a six per cent increase in weekly ones from the 2008 survey.

"The Metro brand has solidified its leadership position from coast to coast," said Bill McDonald, group publisher for Metro English Canada. "Readers and advertisers alike turn to Metro first every day for information, ideas and inspiration."

The NADbank results released yesterday reflect last fall to this past June.

In Calgary, the number of daily readers jumped 34 per cent, or 14,700 readers, to 58,400 when compared with NADbank 2007/08 results.

Metro Calgary also had the No. 1 increase in readers 18 to 24 and 18 to 34, and passed the Calgary Sun in weekly readership among adults 18 to 24 and is now No. 2 in reach in this demographic.

"Once again more Calgarians have made Metro their source of credible daily news," said Metro Alberta publisher Steve ShROUT. **METRO CALGARY**



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Local



Man charged for hit and run

Police have charged a man in connection with the hit and run in a northeast casino parking lot on the weekend. The 46-year-old man turned himself in Tuesday. He's charged with dangerous driving causing bodily harm, and hit and run. The 76-year-old victim remains in serious but stable condition.

METRO CALGARY



News in brief

CHECKUP Alberta will introduce new cervical cancer screening guidelines next month that could see some women getting pap smears once every three years. Dr. Jim Dickinson, who sat on the committee to create the new guidelines, says they will be released in mid-October.

CHARGES An upcoming art show titled MILK will be raising money for Keep a Breast Canada in the lead-up to Breast Cancer Awareness Month. Local sculptor Melanie Bryson will auction off 10 unique cast torsos at perspective Gallery Saturday night. The live auction will begin at 8 p.m. Another 11 sculptures will be on display at the event.

METRO CALGARY

Calgary Tweets

•@Nick_Blakey Man ... 31 degrees and counting in Calgary! WOW ... Does September know it's not June!?

•@paulinate On the hottest day of 2009 (WTF?), consider our collective impact on the planet.. oh ya, right.. all just an elaborate hoax #yyc #calgary
•Want to know what we're up to? Follow Metro Alberta publisher @steveshrout or Metro Calgary managing editor @Darren_Krause

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King Eddy plans unveiled

Oregon-based firm wins contest to design musical centre

MEREDITH O'HARA
for Metro Calgary

Sounds of construction in the East Village will turn to sounds of music as the Cantos Music Foundation moves a step closer to building its National Music Centre.

Yesterday the foundation announced Allied Works Architecture as the designers for the centre, which could be one of the first major buildings constructed in the revitalized East Village.

Along with local firm BKDI, the Oregon-based Allied Works will be responsible for the centre and the restoration of the King Edward Hotel.

"It's exciting to create something new that has the grounding of that history and memory," said Brad Cloepfil, founder of Allied Works.

Allied Works beat out four other firms in the design contest.



Brad Cloepfil, founder of Allied Works Architecture, stands in front of the conceptual design selected by the Cantos Music Foundation for the renovation of the former King Eddy into a national music centre.

"The conceptual designs take into account the canons of the Rockies, the hoodoos of Drumheller, the grain elevators of the Prairies, and that's what has set Brad Cloepfil and Allied Works apart from many other architects," said Andrew Mosker, executive director of Cantos.

Allied Works recently worked on the Museum of Arts and Design in Man-

hattan and a major addition to the Seattle Art Museum and Booker T. Washington High School for the Performing and Visual Arts in Dallas.

Mosker said Cantos is still working with all levels of government to raise the \$75 million needed for the building, which could start construction next year, with a tentative opening for the Calgary Stampede

in 2012. The foundation currently has \$3.25 million for the project.

m.metronews.ca



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Long debate expected on long-range plan

SHAWN LOGAN
for Metro Calgary

City leaders are digging in for what they expect to be a marathon debate Monday over a long-range planning template for Calgary.

The mayor and aldermen will spend the rest of the week poring over 102 proposed amendments to the city's Plan-It Calgary

scheme, which will outline the city's growth over the next 60 years. And many are predicting a fierce battle.

Northeast Ald. Jim Stevenson said he plans to rail against a move to designate both Metis Trail and Airport Trail as major roadways instead of expressways, noting planners need to account for explosive growth in his ward.

"There's definitely going

to be some more changes and more amendments coming forward," he said.

The controversial plan has drawn fire from city developers by pushing a focus on high-density growth in the downtown core and around transit hubs while looking to limit future sprawl.

Mayor Dave Bronconnier said he believes the city has found the right mix and

will aim to ensure that any suburban growth will cover the costs of future servicing.

"We can't keep sprawling in all directions without ensuring those benefiting are putting up their fair share," he said.

Bronconnier added he expects much debate over 34 proposed amendments that were not approved by administration in the final draft.

No pay for cop accused of child luring

PAY FREEZE Suspending a police officer without pay for alleged Internet child luring was the right move given the charge, Calgary's top cop said yesterday.

Chief Rick Hanson said the rare decision to include a pay freeze along with the suspension of Const. Randann Scott Sargent was made because he was convinced by both the evidence and the seriousness of the charge.

"It's clear in my mind that the public standard is not one that would support activities like this," he said.

"If a member makes a conscious decision to commit a crime and a community standard is breached, it's not acceptable to the community or to the Calgary Police Service."

The 26-year-old officer was charged in June with using a computer to lure a minor.

METRO CALGARY

metronews.ca

WHAT'S ONLINE TODAY

Video Toronto police release security footage of missing 17-year-old, at metronews.ca/canada

Video Canadian officials scrap mock battle scenes in promoting the Afghan mission on Capitol Hill, at metronews.ca/world

Lotteries

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Dogs and their owners are invited to take part in the annual National Responsible Dog Ownership Day walk this Saturday. The walk starts at 1 p.m. at Bowness Park. Bylaw director Bill Bruce said the event is to educate people on the value of responsible dog owners. **METRO CALGARY**

Brother, can you spare a guitar?

PROGRAM Calgarians with a spare guitar might want to tune in to help.

The Legacy Children's Foundation and its Gift of Music program is in desperate need of guitars that it can refurbish and donate to youth and children from financially challenged homes — and then pay for them to have music lessons for up to three years.

"There's such a demand for our program that we're running out of guitars," said Legacy CEO Darryl Wernham, noting they are short between 20 and 30 guitars. "We hate turning people down."

The guitar is the most popular instrument in the world, Wernham said, adding that a lot of youth imagine themselves playing the instrument as a part of a rock band.

Wernham encourages Calgarians willing to donate a guitar to the Gift of Music program to drop it off at the Kerby Centre at 1138 - 7 Ave. SW or call 403-265-0661. **METRO CALGARY**

City centralizing police force

14 different facilities being rolled into one downtown location

SHAWN LOGAN
for Metro Calgary

City cops operating out of more than a dozen satellite offices will soon be able to work under the same roof.

After more than a year of looking for a new site for a consolidated operations centre, the Calgary Police Service yesterday raised its flag in front of its newest acquisition, a \$125-million campus in northeast Calgary.

Police Chief Rick Hanson said with the purchase of the two buildings in the Westwinds Campus, Nortel's former headquarters at 47 Street NE, many services currently dispersed across the city in 14 different facilities will now operate more efficiently and increase the level of service. "Being able to pull everybody into one facility will improve communication and it's going to make for a better delivery of policing services," he said.

The cost for the facility



Premier Ed Stelmach meets Spirit, ridden by Const. Natasha French, and Kelsey, ridden by Ross Thomson, during yesterday's flag-raising ceremony for the Calgary Police Service's new consolidated police centre.

was covered from a \$106.5-million slice of the province's Municipal Sustainability Initiative, as well as an additional \$18.5 million from the city.

The price tag for a new facility in the downtown

core was estimated at as much as \$500 million.

Mayor Dave Bronconnier said the facility is a bargain for taxpayers and will allow police to better fight crime. "They have the ability to work much closer

with their colleagues and save the taxpayers money," he said.

The west building is slated to be completed in 2010 with room for 1,000 personnel while the east building will open in 2011.

Researchers look for moms-to-be

KIDS An Alberta research team is looking for 10,000 moms-to-be from Calgary and Edmonton for a study on pre-natal nutrition. The \$5-million study will take five years and look at the relationship between nutrition and the mother's mental health and their babies' development and overall health.

The mothers participating will provide information on what they eat, their activities and their mental health. For more information go to apron-study.ca

Public meeting called on pesticides

BYLAW An information session on pesticide use in the city will be held tonight at the Beddington Heights Community Centre.

The meeting is a chance for residents to give their views as city staff draft a bylaw to regulate pesticide use in Calgary.

The public is invited to drop in anytime between 6 and 8 p.m.

METRO CALGARY

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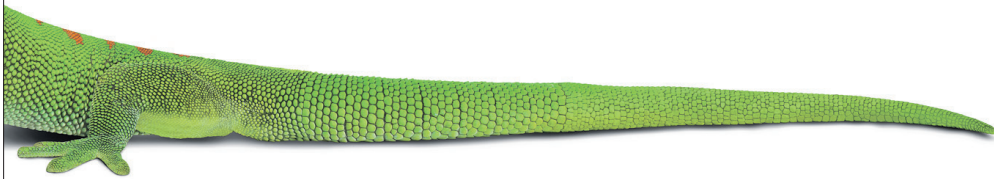
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It's been known to snap hydro poles, swallow buildings and smother forests. Now a plant described as the vegetable form of cancer has spread north across the border into southern Ontario. Scientists believe warmer temperatures have stretched the Kudzu vine's range to Canadian soil from the United States. **THE CANADIAN PRESS**

Canada



Shake off the salt, says study

Canadian food processors and restaurant chains could cut out a lot more salt and help save lives without adversely affecting the quality, shelf life or texture of their ketchup, French fries, soups and sauces, says a leading health advocacy group. Citing new research that shows salt levels vary widely among similar products, a study by the Centre for Science in the Public Interest challenges the food industry's argument that high levels of salt are needed to preserve product integrity. **TORSTAR NEWS SERVICE**

No charges for religious leaders

KRISTEN THOMPSON
Metro Canada

BOUNTIFUL Two fundamentalist religious leaders from the Interior community of Bountiful, B.C., won't be tried for polygamy-related offences after a British Columbia Supreme Court judge quashed the charges.

Winston Blackmore, 52, and James Oler, 44, were in-

vestigated earlier this year on the suspicion of having more than one wife — which is illegal. When authorities and a special prosecutor opted not to charge the men for fear of violating their religious freedoms, then-Attorney General Wally Oppal appointed a second special prosecutor to review the case. Yesterday, a judge ruled Oppal didn't have that authority.

Canada boycotts Iranian address

PM calls leader's remarks 'disgraceful'

Canada protested Iranian President Mahmoud Ahmadinejad's "disgraceful, insulting" declarations by boycotting his speech to the UN General Assembly, Prime Minister Stephen Harper said.

"There is no way I am going to permit any official of the government of Canada to be present and give any legitimacy to remarks by a leader like that," Harper said in Oakville, Ont.

He said Canada believes Ahmadinejad's abuse of human rights, detention of innocent people and "disgraceful, insulting" declarations about Israel and the Holocaust should be protested.

"President Ahmadinejad has said things, particularly about the state of Israel, the Jewish people and the Holocaust, that are absolutely repugnant," Harper said.

"It is unfitting that

somebody like that would be giving those kinds of remarks before the United Nations General Assembly ... There are times when things are being said in this world that it is important that countries that have a moral compass stand up, make their views known and our absence there will speak volumes about how Canada feels about the declarations of President Ahmadinejad."

Harper has not addressed the UN General Assembly in three years, even though Canada is seeking a Security Council seat.

THE CANADIAN PRESS

Quebec Tearful speech



Former hostage Ingrid Betancourt bursts into tears during a speech to members of the Quebec legislature after she received the medal of the National Assembly yesterday in Quebec City. Betancourt was held for almost seven years in Colombia.

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News in brief

TERRORISM A Toronto man admitted yesterday to procuring weapons, arranging false travel documents and trying to recruit extremists for a domestic terrorist group that planned bloody attacks on Canadian targets. In a lengthy agreed

statement of facts, the Crown told court how Ali Dirie, who pleaded guilty Monday, was close to the alleged co-leader of the so-called Toronto 18 and continued his role in the conspiracy even while incarcerated.

TRADE Blame the seal hunt if you find out you're wearing Fluffy or Rover. The federal government won't ban imports of cat and dog fur because doing so might undermine Canada's support for the seal hunt, a newly

released document shows. An internal memo shows government officials urged Agriculture Minister Gerry Ritz not to follow the United States and Europe in banning cat and dog fur from entering the country. **THE CANADIAN PRESS**

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Canada must lead on climate change, editor says

The editor of an influential British medical journal, The Lancet, says Canada is failing to take leadership on world poverty and climate change. **THE CANADIAN PRESS**

canada 7

OMG texting's OK LOL

It doesn't ruin kids' spelling, researchers say

A new study suggests teens who crumple the English language into bite-sized chunks while texting aren't losing the ability to spell.

Parents and teachers have long worried that teens who type phrases like LOL and substitute the letter "u" for "you" will forget how to write a proper sentence.

But new research from

the University of Alberta suggests kids who are good spellers remain good spellers whether texting or writing words out in full.

Those who have trouble spelling normal English words also tend to mess up in the specialized lingo of text messaging.

Author Connie Varnhagen says researchers looked at the way students between 12 and 17 com-

municated over instant messaging and then gave them traditional spelling tests to see how they stacked up.

Varnhagen says using the new language of messaging can actually provide a bit of a brain workout for teens — they have to concentrate to translate back and forth from standard English terms.

THE CANADIAN PRESS

Hidden menace in seasonal flu shot?

RISKS Unpublished Canadian studies are raising concerns about whether it's a good idea to get a seasonal flu shot.

Four or five studies — covering around 2,000 people — are said to suggest that people who got their flu shots last fall were more likely to become infected with the new H1N1 influenza virus (also known as swine flu).

The CBC, which broke the story, says the study shows that people who got their seasonal flu shots had double the risk of catching pandemic flu.

The studies' findings are said to be contributing to calls for a delay or cancellation of this year's seasonal flu vaccination program.

THE CANADIAN PRESS

Woman worried over Taser victim

INQUIRY A woman concerned about Robert Dziekanski a few hours before he was shocked by an RCMP Taser and died says an immigration officer at Vancouver's airport deflected her concerns about the man.

Gracie Churchill-Browne told a public inquiry into his death he looked "tired and frustrated," but an officer told her: "He's a big boy." Final submissions will be heard in early October. **THE CANADIAN PRESS**

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The discovery of American Jaycee Dugard, who was found recently 18 years after being kidnapped, brings new hope, the mother of Madeleine McCann said yesterday. McCann vanished in May 2007 a few days before her fourth birthday during a family vacation on Portugal's southern coast. **THE ASSOCIATED PRESS**

Phillips says she had sex with famous father

Former child star Mackenzie Phillips said yesterday her father, John Phillips, a leader of the 1960s pop group the Mamas and the Papas, raped her when she was a teenager and that her sexual relationship with him later became "consensual." Phillips writes in her new book, *High on Arrival*, that she had sex with her father on the night before she was to get married at age 19, according to *People* magazine. Phillips, 49, who starred on TV's *One Day at a Time*, said the relationship lasted a decade and ended when she became pregnant and didn't know who had fathered the child. She had an abortion, which her father paid for. **THE ASSOCIATED PRESS**

World

News in brief

LOS ANGELES A man already accused of killing two women and suspected in the deaths of as many as 30 more was charged yesterday with raping and murdering five other victims. John Floyd Thomas, 73, was charged with killing the women between 1975 and 1986. The women had all been strangled. Thomas will stand trial for all seven deaths simultaneously. LAPD detectives believe Thomas may be responsible for killing as many as 30 women.

SWEDEN Robbers used a helicopter yesterday in a spectacular raid of a cash depot in Stockholm, breaking into the building through the roof and flying off with bags of cash, police and witnesses said. The pre-dawn heist stunned police in the Swedish capital, who were unable to deploy their own helicopters to the scene because of suspected explosives placed at their hangar. **THE ASSOCIATED PRESS**

Obama challenges world leaders

Time has come for world to move in a new direction, U.S. president says

In a blunt challenge to his nation's critics, U.S. President Barack Obama yesterday exhorted world leaders who once accused the United States of acting alone to now join with him in solving global crises rather than wait for America to do it on its own.

In his first address to the UN General Assembly, Obama sought to set a new tone in U.S. relations, moving away from the unilateralism of his predecessor, George

W. Bush. He coupled conciliatory words about a "new era of engagement" with a summons for other nations to shoulder more of the burden.

"Those who used to chastise America for acting alone in the world cannot now stand by and wait for America to solve the world's problems alone," Obama said.

Obama said past policies and a perception of unilateralism by the United States had fed "an almost reflexive anti-Americanism" that too often was used as an excuse for inaction.

"The time has

come for the world to move in a new direction," Obama said before a UN chamber packed with more than 100 of his global counterparts.

While Obama continues to be popular around the world, he has struggled with many international issues, including the war in Afghanistan, negotiating peace between Israelis and Palestinians and winning passage of climate change legislation ahead of a global conference in December.

The speech comes one day before Obama hosts a two-day meeting of the world's major economies in Pittsburgh,

Gadhafi rips UN

• In his first United Nations appearance, Libyan leader Moammar Gadhafi issued a slashing attack on the UN Security Council and chastised the world body yesterday for failing to intervene or prevent some 65 wars since the UN was founded in 1945.

where he is likely to encounter resistance to his proposals aimed at correcting global imbalances that many believe contributed to the worldwide recession.

At the UN, Obama received applause when he entered the room. Iranian President Mahmoud Ahmadinejad did not join in the applause.

THE ASSOCIATED PRESS

Dog-fighting ring busted in day care

CHICAGO Blood spattered the garage of a home day care that was also the base of an alleged dog fighting ring, authorities said yesterday, describing battered and malnourished dogs and the devices used to train them found not far from where children played.

Police said four people were arrested, and felony dogfighting charges are pending against several of them, including the day care operator's husband. Nine battered dogs — four of which were puppies — were rescued, police said.

"The dogs were in horrific condition," Cook County Sheriff Tom Dart said. "This is as bad as we've seen."

Dart said about 10 children were found in the day care during the raid Tuesday, but they were not in the immediate vicinity of the dogs. **THE ASSOCIATED PRESS**

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

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Comment

Textual innuendo

Relating

Sofi Papamarko

metronews.ca/papamarko

Him: I had the naughtiest dream about you last night!

Her: I dreamt about ponies!

Him: I guess we both got what we wanted! ;)

Technology has made so many aspects of our lives infinitely simpler.

Count flirting among them.

As mobile technologies and social networking become increasingly prevalent, people have embarked on this Brave New World of communication by totally hitting on their friends (and the friends of friends).

Ever leave a flirtatious

Facebook photo comment, "poke" a crush or fire off a suggestive 3 a.m. text after ingesting enough Jägermeister to cripple a small yak?

You're not alone, Casanova.

A report by the Pew Internet and American Life Project suggests that 22 per cent of Facebook and MySpace users are flirting up a storm. And those are just the ones who will openly admit to it.

So why is flirting-via-technology so enticing?

"People have become extremely reliant on technology and gadgets today," says radio talk show host and flirting expert Susan McCord of beavertalk.com. "I think it's basically due to accessibility and laziness ... it's easier to just send (a text or email) than to have a long, drawn-out phone conversation."

Sociology professor and relationships expert Dr. Pep-

On the web

For more views on relating, go to Love Bytes at metronews.ca/blogs

per Schwartz of the University of Washington in Seattle offers another theory:

"Low exposure and vulnerability," Schwartz explains. "Flirting by way of technology is a quick way to 'test the waters.' If someone doesn't respond, it's not as awkward as it would be face-to-face."

So we're all a bunch of yellow-bellied cowards. Basically.

Flirting via text, Facebook, Messenger, Twitter and other social media tools provides a safety barrier in case of rejection. We're able to explore and escalate the desires of others in a detached fashion, making it a less personal way to get personal. ("I like you as a friend" stings far less when

delivered in pixels.)

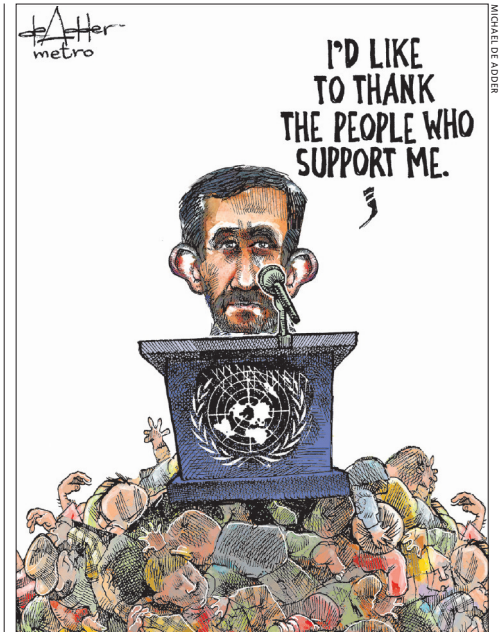
Hot, hot text can also be useful for pre-existing couples. It stokes the fires of long-distance or long-term relationships and serves as an extended form of foreplay.

"We often flirt-text when we're both out for the evening," says Jackie, a young professional who lives in Toronto. "While he's out with the boys, I want him to be thinking of me, and not the short-skirted girl one table over."

Textual innuendo is just a way of letting someone know that you're looking forward to the next time you'll be in the same physical space as them ... or a casual way to attempt to infiltrate someone's physical space in the first place.

(Poke.)

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.



MICHAEL DE ADOR

Worth mentioning

Matador fights tradition with cape advertising

A little-known Spanish matador is breaking with a sacred tradition, agreeing to advertise on his cape while slaying bulls and endorse a soft drink that caters to homosexuals.

But Ortega sees no incompatibility. "I am a bullfighter. That is not going to change. I am going to go out into the ring as I have done until now, to risk my life, and the seven goring wounds on my body prove that," he told the AP yesterday. "If the gay community welcomes me as an image or a symbol, that is fine."

THE ASSOCIATED PRESS

Celebrities

Top-flight Spanish bullfighters are celebrities, just like football or movie stars, and it is common for them to have commercial endorsement gigs for everything from wine to cars to fancy clothes. But it is almost unprecedented for them to advertise something while in the arena.

Matador Joselito Ortega will be plugging a club-scene energy beverage called Gay Up and have those words embroidered into his cape in large, red cursive letters.

In Spain, matadors are seen by many as the pinnacle of macho, and Ortega's agreeing to endorse a product geared toward gay men is raising eyebrows.

the seven goring wounds on my body prove that," he told the AP yesterday. "If the gay community welcomes me as an image or a symbol, that is fine."

THE ASSOCIATED PRESS

Views

'Birthday greetings' for Saudi Arabia

GlobalView

Mona Eltahawy

metronews.ca/globalview

Saudi Arabia has just turned 79. Relatively young, but old enough to know that it is morally disgraceful to treat women like children.

The country that sits on the world's largest oil reserves is the only one that denies half its population the right to drive. Saudi women cannot vote, cannot drive, cannot be treated in a hospital or travel without the written permission of a male guardian, cannot study the same things men do and are barred from certain professions.

To mark her country's

birthday, Saudi women's rights activist Wajeha al-Huwaider wants you to write to women in your government and urge them to pressure the Saudi government to end the system of male guardianship of women in Saudi Arabia. Consider it a campaign to finally let Saudi women grow up.

"I do believe free people around the world can help a lot to make women's lives in Saudi Arabia better," al-Huwaider said.

She asks that you also write letters, via Saudi embassies, addressed to Saudi King Abdullah — who many Saudis believe is a reformer but whose hands are tied by conservative members of the royal family and clerics.

The guardianship system basically puts a male relative in charge of women's lives. Imagine the humili-

ation of an adult woman needing the permission of a man — at times much younger than her — to do the most basic of things, such as being admitted into a hospital. Almost 60 per cent of university students in Saudi Arabia are women — so it's not a question of capability.

Some women are "lucky" enough to have male relatives who do not abuse the system. Their male relatives, for example, sign a letter granting unlimited permission to travel.

But why subject women to the whims of men and officials?

In 2008, al-Huwaider produced two video clips directly challenging Saudi Arabia's misogyny. One featured her driving as she addressed an open letter to the country's interior minister asking him to lift the ban on driving and offering

to teach Saudi women how to drive.

The other one protested the lack of women on Saudi Arabia's Olympic teams and criticizing the ban on girls and women from sports in the kingdom's state-owned schools and universities, saying it had contributed to an obesity problem.

Just look at Saudi Arabia's neighbours to see that its outrageous treatment of women has nothing to do with Islam but more with its own customs. And listen to Wajeha al-Huwaider to understand that there are Saudi women courageously fighting for their rights and who deserve our support.

Send those "birthday cards!"

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

We Know What You're Thinking

47%

The number of Canadian women who say they get to hold the remote when watching TV with others.



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U.S. bank slowing recovery program

With the economy on the mend, the U.S. central bank said yesterday it is slowing the pace of a program to lower mortgage rates and prop up the U.S. housing market. **THE CANADIAN PRESS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Poor divide widens

Low-income families face social exclusion: Report

The poorest Canadians are struggling to pay for life's necessities, forcing them to do without such everyday basics as eyeglasses, dental care and furniture — and the recession has only made their plight worse, says a major think-tank.

In a study released today, the Canadian Centre for Policy Alternatives paints a disturbing picture of how the poor are unable to afford many of the goods and services most Canadians consider "reasonable for normal living" in modern society.

Entitled The Affordability

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Gap: Spending Differences Between Canada's Rich and Poor, the report argues that widening divide also means low-income Canadians face a greater risk of "social exclusion."

Forget cellphones, personal computers or high-speed

Internet. Basic recreational activities are out of reach for most, making the poor less likely to splurge. Their children often go without sports equipment, the report said.

"The poorest 20 per cent of Canadian households live in worlds far removed from the richest 20 per cent," said Steve Kerstetter, the study's author and a research associate at the centre.

Average spending for the poorest households totalled \$22,339 in 2007, while the richest 20 per cent spent about \$143,361.

TORSTAR NEWS SERVICE

Harper says Tory policy helped repatriate Tim's

BUSINESS To hear Prime Minister Stephen Harper tell it, his financial policies helped repatriate the Timbit.

Harper met with Tim Hortons executives today after shareholders of the multinational coffee chain voted to reorganize as a Canadian public company.

Parent company Tim Hortons Inc. announced in June it intended to shift its corporate ownership back north of the border, saying it would save on taxes and make international expansion easier.

Following his meeting just west of Toronto in Oakville, Ont., Harper championed his tax policies, saying lower taxes are attracting business to Canada. **THE CANADIAN PRESS**

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Business in brief

AUTO Record low North American vehicle inventories, particularly for popular Canadian-made cars, will boost production through the end of 2009 and well into 2010, according

to Scotia Economics. Auto industry analyst Carlos Gomes said strong U.S. vehicles sales in August, boosted by the government's "Cash for Clunkers" program, have

left inventories at a record-low 30 days' supply. In response, automakers are ramping up production, which had been cut back dramatically as sales slumped. **THE CANADIAN PRESS**

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Peter Forsberg is set to play for his hometown team Modo in the Swedish Elite League starting today in yet another comeback attempt. Modo has given the 36-year-old a one-week tryout contract. Forsberg can play with Modo until the NHL season begins Oct. 2 without jeopardizing a possible NHL comeback. **THE ASSOCIATED PRESS**

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Former Titans receiver files lawsuit against club over alleged hidden injury

FOOTBALL Former Tennessee Titans receiver David Givens claims the team failed to tell him about a defect in his knee that led to an injury and eventually ended his career.

Givens claims in a lawsuit filed Tuesday a doctor discovered a defect in his

knee in 2006. He adds the doctor told team officials he "may not be able to make a full 16-game season," according to the suit. But Givens says he was kept in the dark about his condition and urged to keep playing by team officials.

THE ASSOCIATED PRESS

Sports in brief

RETIREMENT Veteran goaltender Olaf Kolzig is retiring after 14 seasons in the NHL. The 39-year-old former Vezina Trophy winner — known as "Olie the Goalie" — spent most of his career with the Washington Capitals. His 303 career wins rank 21st in the NHL.

EAGLES Donovan McNabb did not practise yesterday because of a broken rib. Kevin Kolb would make his second

straight start if McNabb can't play against Kansas City this week. **THE ASSOCIATED PRESS**

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Cox throwing himself out

The Atlanta Braves say Bobby Cox, left, will retire as manager after the 2010 season. Cox managed the Braves from 1978-81, switched to manage the Toronto Blue Jays from 1982-85, then returned to manage Atlanta in 1990. Cox currently sits fourth on MLB's all-time managerial wins list and holds the record among coaches for most times ejected from a game.

METRO NEWS SERVICES

Flames beat up Oilers

NHL RESULT

Calgary 5 Edmonton 3



Curtis Glencross scored twice as the Calgary Flames defeated the rival Edmonton Oilers 5-3 in NHL exhibition action last night.

Jarome Iginla, Jason Jaffray and Fredrik Sjöström also scored for the Flames, who improved to 3-2-1 in pre-season play.

Theo Fleury had one assist for Calgary as he tries to land a spot on his old team after a six-year absence from the NHL.

Dustin Penner, J.F. Jacques and Mike Comrie responded for the Oilers, who have lost three in a



Calgary's Mark Giordano, left, knocks down Edmonton's Gilbert Brule last night in Edmonton.

row to drop to 3-3 in exhibition play.

Calgary got off to a quick start, opening the scoring

just 1:34 into the first period. Edmonton starting netminder Nikolai Khabibulin lost the handle trying to

stop a puck behind the net and Glencross fished it out and fired it into the empty net. **THE CANADIAN PRESS**

Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance — assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

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Balsillie changes bid again as Coyotes hearing continues

HOCKEY Canadian billionaire Jim Balsillie has pledged to keep the Phoenix Coyotes in Glendale this season if he wins an auction for the financially troubled club.

The revised offer came during an emergency hearing yesterday before bankruptcy judge Redfield T. Baum, who called Balsillie's proposal "a fairly significant change."

Balsillie does, however, still plan to move the team to Hamilton as part of his \$242.5-million US bid.

Balsillie's revised bid ap-

peared to be a last-ditch effort to win over the city of Glendale, which sides with the NHL in the long-running courtroom battle.

The only other bid has come from the NHL, which has offered \$140 million.

The league would try to resell the team to a local buyer but, failing that, would explore relocation. Baum gave no indication when he might rule on whether to award the team to the NHL or to Balsillie. He also could reject both bids. Balsillie originally offered Glendale \$50 million. In an amended bid filed yesterday, Balsillie offered to give Glendale \$25 million up front and the rest of the money when the team leaves. **THE ASSOCIATED PRESS**

Canada wins big at FIBA Americas

BASKETBALL Jordan Adams led a balanced attack with 16 points as Canada routed the Dominican Republic 103-37 in the opening game for both teams at the women's FIBA Americas basketball tournament yesterday.

The Canadians dominated from the outset, breaking out to a 55-20 halftime lead and cruising from there. Adams finished 6-of-7 from the field as Canada shot 61 per cent from two-point range, and 46 per cent from beyond the arc.

Chelsea Aubry of Kitchener, Ont., had 14 points in the win, while Tamara Tatham of Brampton, Ont., added 13. Kim Smith of Mission, B.C., and Janelle Bekkering of Taber, Alta., added 12 apiece. **THE CANADIAN PRESS**

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Metro Homes

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EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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EMMA YARDLEY
for Metro Canada

You've been in your new dorm room for a couple weeks now but your home away from home is the furthest thing from homey. The walls are bare and, besides the textbooks, your shelves remain empty.

The dorm rules on decorating are strict and money is tight but it's possible to turn this strange room into your room without ever having to bang a nail or blow your student loan on room accessories.

Double-sided tape and hooks are a great option for hanging posters and pictures; throwing down a small bright rug adds instant warmth (and covers up old stains!); and getting coat hooks that hang over the back your door keeps you from drilling any holes. Remember, this small space has to be your bedroom, study and storage room for a year!



Floor space is limited. Tucking your shoes into a closet hanger makes a lot of sense. Canadian Tire, \$12.99, canadiantire.ca.



The desk is barely big enough to hold your laptop, so keeping it tidy is more important than ever. Leather Desk Accessories, \$12.99 (box) and \$16.99 (organizer), Homesense, homesense.ca.



In such a small room, it's important to make use of all available space. Stack your extra stuff into storage boxes and slip them under the bed for easy access. KAJSA, \$14, Ikea, ikea.com



A classic white bulletin board provides you with a place to pin your new class schedule and Polaroid pics of your friends back home. Homesense, \$29.99, homesense.ca.



They're easy to stick on and even easier to peel off, Snap removable wall art brightens up a boring corner without breaking any of the rules. The Home Depot, \$29.99, homedepot.ca.

Poor budget, rich imagination

BRIAN COULTON
for Metro Canada

The mortgage crisis may have made home owning a buyer's market, but for many cash-strapped Canadians, that dwelling of their desire simply becomes a fixer-upper that never gets fixed.

So, what's the penny-pinching renovator to do? Enter Suzanne Schultz, financial planner and co-host of the new program House Poor, which premieres

Monday on HGTV.

The program sees Schultz along with contractor Frank di Leo help families in need of home renovation both understand the importance of advanced financial planning and receive the overhaul they can't afford.

Those profiled also have a chance to win \$10,000 to aid their financial future — \$5,000 if they complete

Schultz' financial challenges, like creating a budget, and an additional \$5,000 if they compromise during the renovation to stay on budget.

"There are no other shows on HGTV that talk about the personal finance element of doing the renovation, and go beyond that to talk about saving money in your day-to-day household," said Schultz, who equates thrifty with trendy, due to the eco-

nomic downturn.

She thinks House Poor will be popular among a cross-section of homeowners because of the variety of incomes and types of family that seem to find themselves in the same situation; none of them really have a clue where they're spending their money.

"They don't track it. They just spend it and, at the end of the month, they all know there's no money left over to do the renovation, but they're not sure why. That's where I come in."

**House Poor
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AMVIC LICENSED

British designer Jonathan Saunders swapped his signature geometric prints and concentrated on colour this season at London Fashion Week. Most of the clothes were ready to wear. **THE ASSOCIATED PRESS**

Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



The in crowd

The London Fashion Week Burberry crowd included Oscar-winning actress Gwyneth Paltrow (left), Harry Potter star Emma Watson (far left), former Spice Girl Victoria Beckham, American Vogue editor Anna Wintour, Slumdog Millionaire stars Dev Patel and Freida Pinto and Business Secretary Peter Mandelson, a prominent member of the British government known for his snappy dress. **THE ASSOCIATED PRESS**

A triumphant return

Beige and pales dominated London's Burberry show

Burberry and its creative director Christopher Bailey made a triumphant return to London this week, winning over a star-studded audience at the glitziest event of the capital's fashion week.

Bailey, who has helped transform the once staid brand into a fashion powerhouse, showed a series of short dresses, including many with a trench coat theme familiar to longtime fans of Burberry.

There was just enough of the traditional Burberry plaid to keep traditionalists happy, while younger fans were drawn to the soft, sexy lines of the dresses, most of them in beige (long associated with Burberry) and pale greens and yellows.

"I thought it was beautiful, and very poetic," said Hilary Alexander, fashion director of The Daily Telegraph newspaper. "The heritage was there, but it was like a ballet, a dance."

Bailey used sequins and bright metallic silver fabric to set off some of his jackets and tops, adding glitter to the look, and also used padded shoulders for emphasis on several of the combination trench-dresses that were an important theme of the show.

Belts were used for shape, and the models looked ex-



London's Burberry runway show had just enough plaid to keep traditionalists happy.

trremely feminine, their long flowing hair and natural makeup bucking a trend toward androgyny seen in other shows this week.

"I thought it was beautiful, and very poetic... The heritage was there, but it was like a ballet, a dance."

Hilary Alexander, The Daily Telegraph newspaper

coolers on the steps of the Chelsea College of Art and Design near the River Thames. Harold Tillman, chairman of the British Fashion Council, said the week has been a tremendous success, with large crowds filling many shows. He said the trend toward prints had been noticeable. "There have been so

many good, good shows," he said. "There are great designers, showing freshness, fearlessness. It's so exciting, it really is."

Burberry chief executive office Angela Ahrendt said before the show began that it was an honour to be back on the catwalks in London, where the company has long been based.

"It's a phenomenal honour," she said, gesturing to the gathered crowd. "We are a British brand. For Christopher Bailey, who's British, he can finally come home and share his talent with the rest of the country."

THE ASSOCIATED PRESS



Younger Burberry fans were drawn to the spring/summer 2010's sexy dresses in beige and pale greens and yellows. The familiar trench coat theme (left) was also prominent.



ALL PHOTOS BY GETTY IMAGES

Ankles: The newest male erogenous zone

TREND For gentlemen seeking a quick and free fashion makeover this fall, follow these simple instructions: Slip off shoes; remove socks; tuck them into briefcase or lunch box; roll pant hem up two to four inches. Put shoes back on.

The simple act of getting dressed up in trim slacks with classic footwear — without socks — is, in the saturnine world of men's fashion, a big deal.

Certainly we've seen the "no socks" trend before — back in the '70s and usually on overly tanned Hamptons-style prepsters, who wore their boat shoes or stylized loafers without socks.

It's different this time as the new male erogenous zone is accentuated by tailored trousers and traditional footwear — clunky brogues, function-first desert boots or old-school penny loafers.

It's all part of a larger movement in men's fashion that hipsters have labelled "trad" — short for traditional, but accentuating the "rad" element as well.

TORSTAR NEWS SERVICE



RICHARD DREW/THE ASSOCIATED PRESS

Lacoste was one of several menswear designers big on the sockless trend at the spring 2010 collections in New York.

In brief

DESIGNER Hilary Radley, the iconic Canadian designer best known for her innovative use of textiles to create stylish coats and outerwear, has become the latest designer to join Levy Canada Fashion Company (Levy Canada).

METRO NEWS SERVICE

RunwayBeauty

Ashley Rebecca

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style 17

THE REBEL JACKET

ADVICE This season, there are two style options: worn-in vintage, for a biker or rough-edged look, or sleek urban in polished, glossy leather. When buying a leather jacket, make sure that it's properly tailored for a good fit and that the seams don't pucker or pull.

HOW TO WEAR IT Versatile and easy. Pair it with slim pants and chunky jewellery for day or with a soft, romantic dress and platform booties for night.



CURVY

Leather jacket, Cassis (\$399, cassis.com)

Leather jacket, Danier (\$299, danier.com)



PETITE



SLIM

Leather jacket, Roots (\$458, canada-roots.ca)



TALL



BOYISH

Faux-leather jacket, Aldo Accessories (\$98, aldoaccessories.com)

Leather jacket, Bedo (\$298, bedo.ca)

STUDIO ANDRÉ D'ON

The rising star

Haider Ackermann is fashion's next bold-faced name

By MEREDITH ERICKSON
Contributing Writer

Haider Ackermann pulls up a chair in the garden café of the Palais Royal in Paris and orders an espresso, apologizing profusely for being eight minutes late. With his tousled black curls, pink T-shirt and polka-dot scarf, he is both strikingly stylish and immediately likeable, a calming presence in the whirlwind of high fashion-

which is precisely where Ackermann now finds himself. His fall 2009 show was a breakout performance: Exquisitely cut leather jackets paired with draped silk gowns captured the season's modern rock 'n' roll vibe. **Why do you think your fall collection was such a success?** "I don't know I actually preferred the winter before [fall 2008]. This fall, there was a 'soldier' feeling with the suits, but there was also beautiful embroidery from my trip to India. I love to work with contradiction, and perhaps that hit a nerve this time." **How do you start each collection?** "I



Designer Haider Ackermann

always start with music. For fall, it was Leonard Cohen, which translated into I'm Your Man being played on the runway." **Where do you go for inspiration?** "The street in the middle of the night. I could walk endlessly. I like the feeling of being lost. I also love India and Morocco."



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Red carpet ready

Tips for the regular girl to get a film fest-worthy look

SOFI PAPAMARKO
For Metro Canada

Celebrities always look gorgeous for a reason.

Yes, many are blessed with high cheekbones and willowy limbs, but if everyone had personal trainers, make-up artists and hairstylists following us around, we'd all be mega babes.

And with the 10th annual Calgary International Film Festival beginning this Friday (Sept. 25 to Oct. 4), the city is swimming in glamour.

We asked beauty experts John Donato (2008 Editorial Stylist winner in the North American Hairstyling Awards) and his artistic director, make-up artist Anna Barseghian, to give us the lowdown on how we ordinary folk can look like we've just wandered off the red carpet.

Those eyes!

For dramatic movie siren eyes, eyeliner is a must. Liquid liner in brown or black is always classic (try Lise Watier's new Metal Ink liquid liner for a long-wearing charcoal colour with a hint of light-reflecting sparkle). For those who want to stand out even more, Anne Barseghian recommends Metallic Jade eyeliner from the John Donato Cosmetics range. "It's a cream, so you can basically take it and dab it on top of the eyelid. Or you can create a nice solid line for a chic look."

Barseghian suggests using a mineral powder all over the lid prior to eyeliner application. This base emphasizes the liner colour and helps to keep it in place. False eyelashes remain a red carpet essential — apply them carefully and as closely to the lash line as possible. A

coat of mascara helps to combine your natural lashes with the impostors.

Those lips!

Red carpet lips are all about making an impact. "What I like to do is use a foundation stick," says Barseghian. After that, she uses Donato's long-lasting lip liner in Scarlett and seals it with Cranberry lipstick. "That will last you the whole night." But ease up on the gloss there, sailor; retro matte lipsticks are big this fall.

That hair!

If you don't have the time or money to head to a salon, you can still glam up your hair fairly easily. "We tend to go into chignon mode," says John Donato. "We like to have a polished look where we're keeping the hair away from the face."

If you hair isn't long enough for a chignon, Do-

nato recommends Jessica Simpson's line of salon clip-on hair extensions, called HairDo. "You can go from medium length or short hair to super long wavy hair within a matter of seconds."

For shorter styles, Donato recommends dampening your hair and working through some hair gel, giving yourself a very defined part and sculpting the hair around the ears for "a super glam, super sophisticated and modern red carpet look."



Get Penelope Cruz's (left) lush locks with clip-on hair extensions or Drew Barrymore's red pout with a retro matte lipstick (big for fall).

Tools to get the red carpet look



Lancôme colour fever matte in red avant-garde, (\$31.50). lancome.ca



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Limited edition Lise Watier Metal Ink Liquid Eyeliner (available in green and charcoal, \$19). lisewatier.com



Vasanti Long-Lash Mascara (\$16). vasanticosmetics.com

The HairDo Pony (\$69). Available at Donato Salon + Spa (donato.ca) and fine hair salons across Canada.



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K-Fed getting fit

Though he plans to chronicle his weight loss on his own reality TV show, overly plump Kevin Federline will be appearing on the next season of VH1's *Celebrity Fit Club*. **METRO NEWS SERVICES**

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Entertainment



Prinze Charlotte

Freddie Prinze Jr. and Sarah Michelle Gellar welcomed a baby girl, their first child, according to *People*. Charlotte Grace Prinze was born Saturday in Los Angeles.

METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Queen crafts a new Persona

Queen Latifah

Album: *Persona*
Label: Flavor Unit
Rating: ●●●

IN A PERFECT

world, Queen Latifah doing a new hip-hop album would be a welcome return to form. But on her latest effort, the Oscar-nominated *CoverGirl* seems obligated to keep up her level of mass appeal. On first song *The Light*, the Queen manages to strike a balance between her pop celebrity and hardcore MC roots with a humble but inspirational track about how she made it. But after a cameo from the reliably goofy



Missy Elliot, the mostly Cool & Dre-produced *Persona* backslides into an album of schmaltzy Jordyn Sparks-inspired back-ground music.

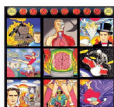
Jason Richards/for Metro Canada

Pearl Jam

Album: *Backspacer*
Label: Moneywrench Records/Universal
Rating: ●●●●●

IF SOMEONE

SAID 15 years ago that Pearl Jam would one day be a power pop band, they would have been laughed out of the room. But that's exactly what these grunge legends have become. No,



Persona is the seventh album by Queen Latifah.

they're not the next Fall Out Boy, but these are some of the most upbeat pop tunes the group has ever written. And that's not a bad thing. The tracks are catchy and succinct — the rollicking *Supersonic*

clocks in at under three minutes — but they still maintain that classic PJ feel. It's a real testament to their talent that the band can still be this good nearly two decades after *Ten*.

Bryan Borzykowski/for Metro Canada

Three Days Grace

Album: *Life Starts Now*
Label: RCA/Sony
Rating: ●●●

THIS ALBUM

BY is a microcosm of everything that is wrong with mainstream radio rock. Slick production seems to bleed every bit of life out of songs that had little to begin with. Meaningless guitar solos fail to fill the void left by plodding chord progressions. Adam Gontier's forced and overwrought vocals do little to add believability to the contrived and clichéd lyrics. "Living in a shell with no soul," Gontier



MusicReviews

music@metronews.ca

pires on the power ballad *World So Cold*. Gontier's own words are an apt description for the kind of lifeless tracks *Three Days Grace* has released after a lengthy absence from the charts. Sticking to the same tired formula, the Toronto-based band delivers music that fits the play-it-safe needs of rock radio programmers who will undoubtedly flood the airwaves with this album over the next few months.

Graham Rockingham/for Metro Canada

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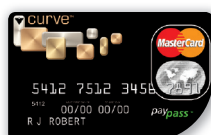


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Everyone succumbs to ordering pizza once in a

while, and everyone has their favourite go-to places. Mine is tucked between a shawarma place and a sex shop in the Beltline.

Family-run Vogglio D'Pizza turns out magnificent thin-crust pizzas, dominated by fresh toppings and not strangled by cheese.

They offer standard pepperoni and Hawaiian pizzas, but try branching out to appreciate what Vogglio does best.

The Fantasia (\$14.99 small) is a mouth-watering

On the web

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pie of shredded beef, pepperoni, mushrooms, onions, green peppers and baby shrimp.

The Mexicana (\$15.99 small) is awfully dubious on paper, but a subtle red bean sauce instead of soggy tomato sauce transforms this experiment into

a success. It comes with ground beef, tomatoes, crushed tortilla chips, lettuce, jalapenos and fresh avocado slices.

The owner made pizzas for 15 years in Colombia where fruit toppings are popular.

Try a Golosa (\$6.99 personal size) with guava paste and mozzarella, or a Fruit Festival pizza (\$8.49 personal) loaded with apples, pineapple, peach, cherry and pear.

Vogglio has a narrow



The Mexicana (\$15.99 small) pizza at Vogglio D'Pizza comes with fresh avocado slices and red bean sauce.

ledge to eat at, but take out is your best option. Two small pizzas usually

suffice for me and my husband, with several pieces left over for breakfast.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe on Girlie Hummus, with arugula and nasturtium blossoms.



Dining out

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In brief

FALL FUN Head to Okotoks for the first-ever Pumpkin & Scarecrow Festival, with pancake breakfasts, corn mazes and pumpkin carvings each Saturday through Oct. 10.**LAST CALL** It's the last weekend for the Okotoks Kinsmen Farmers' Market (Fri. 4-7 p.m., SW corner of Hwy 7 and Southridge Drive) and for the Cochrane Farmers' Market (Sat. 9 a.m.-1 p.m., Hwy 1A and 22).

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Ebay Emmy

Estelle Getty's prized 1988 Emmy has surfaced on Ebay a year after her death. The trophy was put up for sale by a seller specializing in fine art. **POPEATER.COM**

entertainment 21

Art isn't imitating life: Duchovny

Sex storylines in TV show, reality are an 'unfortunate coincidence'

Hank Moody, the hero of Showtime's comedy Californication, is a roguish struggling novelist who says whatever is on his mind and feels a tug from every member of the opposite sex.

He might get into less trouble if he kept his lip buttoned and his fly zipped. But that wouldn't be Hank, nor would it be Californication, which mines laughs (and, occasionally, gasps) from Hank's erotic misadventures, and those of his sexed-up fellow travellers.

Starring David Duchovny, Californication begins its third season this Monday on Movie Central and The Movie Network with Hank landing a much-needed teaching job at a local college. This is thanks to a professor who is the sexy mother of a friend of Hank's teenage daughter Becca (Madeleine Martin).

Here in academia, Hank is primed to seduce his new colleague (whose husband, the dean of the college, is his boss), while a graduate assistant and a sassy coed are also on Hank's radar.



David Duchovny

"I call it adult comedy," says Duchovny, "but not in the Triple-X sense. It's adult comedy because the characters are acting foolish but not acting like children."

The 49-year-old actor is meeting a reporter at a luncheonette on the Upper East Side, where he lives with actress Tea Leoni, his wife of a dozen years, and their two children.

In mid-sentence, he spies a hand-lettered sign above the vintage soda fountain. "They have banana splits!" he says. "I got to tell the kids about that."

These days, Duchovny's family is together and stronger than ever, he's happy to report. "Things are

"(The) two have nothing to do with one another — my personal life and the show. No more than aliens had anything to do with my time on the X-Files."

David Duchovny

great," he sums up, sharing details from a cross-country RV trip they made this summer. Highlights: Grand Canyon, a ball game in St. Louis and a visit with an Amish family in Ohio.

But a year ago, things weren't so bright. In August 2008, Duchovny announced he was entering rehab for sex addiction. Meanwhile, his marriage was in jeopardy.

Making things worse, this news, undermined Duchovny's accomplishments on Californication. It suggested that his role as Hank hit too close to home, that he wasn't play-acting so much as just playing himself.

With no sign of defensive-

ness, Duchovny makes clear he regards the challenges he faced last year as a private matter. But he's candid in acknowledging "an unfortunate coincidence," at least appearance-wise, between his life and his art.

"Any subject matter like that, by its very nature, is going to get trivialized," he says. "When you've got a hammer, everything looks like a nail. That's how it looks to people who are discussing it. But the two have nothing to do with one another — my personal life and the show. No more than aliens had anything to do with my time on The X-Files."

Any public confusion that arose between Hank's exploits and the issues for which Duchovny sought help "hurts on both levels," he says. "It belittles the life and it belittles the work, at the same time."

"As a father and a husband, I would have preferred not to have exposed (my family) to any of that kind of thing. To me, that's what's most regrettable."

THE ASSOCIATED PRESS



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Kiss, LL Cool J on hall of fame shortlist

MUSIC Kiss, LL Cool J and the Red Hot Chili Peppers could be among next year's inductees at the Rock and Roll Hall of Fame.

They're on a list of 12 acts vying for the five spots in the class of 2010. Other first-time nominees include Genesis, Jimmy Cliff, The Hollies and songwriter Laura Nyro. Some names have been on the ballot before: Donna Summer, Darlene Love, ABBA, the Chantels, and the Stooges. Inductees will be announced in December.

Hamilton to skate on TV in wake of cancer battle

TELEVISION Scott Hamilton will skate on TV for the first time since battling a brain tumour, joining fellow Olympian and cancer survivor Dorothy Hamill for a special intended to inspire viewers to triumph over illness. Kaleidoscope airs Nov. 26 on Fox. **THE ASSOCIATED PRESS**

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

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		243 317 3 CFCN	The Vampire Diaries (N)	Grey's Anatomy "Good Mourning: Goodbye" (N)	Omni News: 2. Asian Edition	Omni News: Cantonese Edition	CSI: Crime Scene Invstgtn.	CTV News		
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		- 371 5 KXLY	4 News at 6	4 News at 6:30	Pedal Power (HDTV) (N)	Survivor: Samoa (N)	CBC News: The National	The Hour		
		245 306 6 CBRT	Wheel-Fortune	Jeopardy! (N)	90210 (HDTV) (N)	30 Rock	The Office (N)	SNL Update	News Hour	
		244 338 7 CICT	ET Canada	Entertainment	The Jay Leno Show (N)	Parks-Recreat	Community (N)	Community (N)	Yours City	
		246 - 8 CKAL	Law & Order: SVU	Virginie (SC)	Enquête (HDTV) (N) (SC)	3600 secondes d'extase (SC)	Le Téléjournal Nouvelles (SC)	TJ Alberta		
		119 705 9 CBXFT	(6) Local Programming							
		- 10 SHAW	News	Hollywood	The Doctors (N)	Survivor: Samoa (HDTV)	CSI: Crime Scene Invstgtn.	The Mentalist		
		- 372 12 KREM	NewsHour With Jim Lehrer	Wolves in Paradise	Casebook-Sherlock Holmes	CBC News: The National	MI-5 "The Special"	Soundstage		
news	news	502 390 15 CBC	CBC News: The National	The Nature of Things	Jeopardy! (N)	Wheel-Fortune	CBC News: The National	Nature-Things		
		- 370 16 KHQ	News	Be-Millionaire	TwoHalf Men	TwoHalf Men	The Office (N)	Community (N)	Yours City	
		- 373 22 KAYU	The Office	Raymond	PIX News at Ten Tong.	Anderson Cooper 360 (HDTV)	Fringe (HDTV) (N)	News		
		297 652 37 WPX	Supernatural (HDTV) (N)	Larry King Live	Nancy Grace	SportsCenter	Friends	Family Guy		
		500 500 21 CNN	Jane Velez-Mitchell	Nancy Grace	Score Now	MMA Conn	Friends	Cooper 360		
		508 402 31 CNN2	NHL Preseason Hockey: Oilers vs. Lightning	Score Now	MMA Conn	Score Now	Friends	Nancy Grace		
		400 400 21 TSN	MLB Baseball	SportsNet Con.	SportsNet Con.	The Pen	Friends	World Series		
		408 418 27 net	(5:30) College Football Mississippi at South Carolina. (Live)	Score Now	MMA Conn	Score Now	Friends	MMA Conn		
		410 403 30SCORE	Survivorman	Ghost Hunters	Bounty Hunter	Bounty Hunter	Friends	Score Now		
		411 457 44 OLN	Jacked!	Wrecked	Pimp My Ride	Pass Time	Friends	Score Now		
family	family	552 543 20 YTV	iCarly	Drake & Josh	Family Biz (N)	Malcolm-Mid.	8 Simple Rules	What I Like	Family Biz	
		557 541 39 FAM	Zoe 101	Wizards-Place	Han. Montana	Zack & Cody	Wizards-Place	Life Derek	Ned's School	
		555 545 67 TOON	Jimmy Two	Johnny Test	Stoked (N)	Total Drama	Majority Rules	King of the Hill	Futurama: Ben	
		575 583 11 CMT	According-Jim	Home Improve.	Home Improve.	Karaoke Star "Ottawa"	Reba	Reba	According-Jim	
		553 546 17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-Lan
		505 398 19 TWN	EarthWatch One	EarthWatch One	Friends	Friends	Grocery Bag	Confidential	Confidential	Divine Design
		602 568 23 W	House	Style by Jury	Old Christine	Friends	Police Women of Broward	LA Ink "LA Pink" (HDTV)	Police Women	Perfection
		521 560 24 TLC	Police Women of Broward	Perfection	Ace of Cakes	Ace of Cakes	Family	Unwrapped	Perfection	The First 48
		603 561 25 FOOD	Perfection	Perfection	The First 48 (HDTV)	The Outer Limits	Crime 360 (HDTV)	The First 48 Past cases.	Bones	Average Joe
		615 520 26 A&E	The First 48 (HDTV)	The Outer Limits	X-Weighted "Heather"	Tom Cruise.	ET Canada	What Happen?	Biggest Loser Australia	Driven (2001)
cable variety	cable variety	617 522 32 SHOW	Trailer Park	Trailer Park	MythBusters	Prom Wars (2008, Comedy) Ricky Ullman, Alia Shawkat.	Days of Thunder ** (1990, Action) Tom Cruise.	Bear Feeding Frenzy	Pig Bomb	Just Looking
		601 663 33 SLICE	X-Weighted	X-Weighted	Good Will Hunting *** (1997, Drama) Matt Damon, Robin Williams.	Far Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons
		- 532 34 EN2	(7:05) Top Gun *** (1986, Adventure) Tom Cruise.	MythBusters	Good Will Hunting *** (1997, Drama) Matt Damon, Robin Williams.	Far Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons
		520 505 35 DISC	Pig Bomb	MythBusters	Good Will Hunting *** (1997, Drama) Matt Damon, Robin Williams.	Far Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons
		620 523 36 BRAVO	Prom Wars (2008, Comedy) Ricky Ullman, Alia Shawkat.	Good Will Hunting *** (1997, Drama) Matt Damon, Robin Williams.	Far Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	The Office
		294 650 40 WPCW	Law & Order: SVU	Good Will Hunting *** (1997, Drama) Matt Damon, Robin Williams.	Far Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park
		626 547 41 COM	Just for Laughs	Good Will Hunting *** (1997, Drama) Matt Damon, Robin Williams.	Far Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	Hot Box
		- 539 42 TCM	(6) 3:10 to Yuma (1957)	Hour of the Gun *** (1967, Western) James Garner.	The Ultimate Fighter (HDTV)	Ancient Discoveries	Underworld Histories	Star Trek: Next Gener.	The Delta Force (1986)	
		628 584 43 SPIKE	TNA Wrestling (HDTV) (N)	Ice Road Truckers	Ancient Discoveries	Star Trek: Next Gener.	The Delta Force (1986)			
		522 516 45 HIST	Underworld Histories	Ice Road Truckers	Ancient Discoveries	Star Trek: Next Gener.	The Delta Force (1986)			

critics' corner

Grey's Anatomy
Apart from the title — "Good Mourning: Goodbye" — little confirmed information has been released for this two-hour, sixth-season premiere episode, although Izzie (Emmy winner Katherine Heigl), who underwent risky surgery at the end of last season, is back, as are the other mainstays apart from George (T.R. Knight) — dead, you know. Jessica Capshaw is promoted to series regular as Arizona, Callie's (Sara Ramirez) romantic interest. 8 PM on CFCN



FlashForward
What's the opposite of deja vu? In this high-concept new drama series that clearly is bidding to become the next "Lost," every person on Earth suffers a black-out lasting two minutes and 17 seconds, during which they get a vivid glimpse of themselves six months in the future. And boy, the news really isn't good for some of them. Joseph Fiennes ("Shakespeare in Love") heads a cast that also includes Dominic Monaghan and Sonya Walger of — he! — "Lost." 9 PM on KXLY



This Angel hasn't departed for the heavens yet
Jaclyn Smith wants you to know that she is alive. The Charlie's Angels star took to her Facebook and Twitter to deny reports that she had shot herself in Honduras, People reports. **METRO NEWS SERVICES**

Celebrity Buzz

Hayden attends School of Life

SHE DON'T NEED NO BOOK LEARNIN' Hayden Panettiere has ruled out a college education — insisting she's had her own "learning experience" growing up in Hollywood, femalefirst.co.uk reports.

The 20-year-old, who plays a college student in the sci-fi TV series *Heroes*, developed a desire to attend university when she was younger but admits landing the hit show helped change her mind. Now Panettiere insists pretending to be a student

is enough, because she's grown up quickly in Hollywood.

She says, "I always wanted to go to college (but) the show happened to start in a pretty pivotal period, when you have

thoughts of going to college. It was just such a success and it is what I love to do.

"I would love to take some classes that I really enjoy, but I think college is a learning experience for yourself as a person and (it's about) being on your own for the first time."

METRO NEWS SERVICES



Mischa's not in Kansas anymore...

THE WRONG RED CARPET A confused Mischa Barton headed out to the opera in New York recently but ended up at the nearby premiere for Michael Moore's documentary *Capitolism: A Love Story* instead.

"Mischa showed up and was asking for tickets. She started walking the red carpet," a source told Page Six. "She took one look around and realized she was in the wrong place."



METRO WORLD NEWS

Parkers plan second vows

LOST IN LA-LA-LAND Eva Longoria Parker wants to marry husband Tony Parker again because her memory of their wedding is so hazy, femalefirst.co.uk reports.

The actress walked down the aisle with the basketball player in July 2007, but because her memory of their nuptials in France is so surreal, she wants to renew their vows in a smaller ceremony.

She says, "We want to get married again. Our wedding went by so fast

and, with the frenzy surrounding it, it felt like an out-of-body experience.

"We want to do it again — something a bit more intimate — because we love being married," she said. "It gets better every day. I know it's clichéd but it's true."

METRO NEWS SERVICES



Woody's secret skin weapon

REASONS TO GO VEGAN Woody Harrelson is a proud vegan, but it turns out his reasons for taking up the lifestyle weren't purely based on principle.

"I was about 24 years old, and I had tons of acne," he

told Maxim magazine. "I met some random girl on a bus who told me to quit dairy and all those symptoms would go away three days later. By God, she was right."

METRO WORLD NEWS



Amy comes to goddaughter's aid

THE BULLY'S BULLY Amy Winehouse screamed and spat at a young teenager she believed was bullying her goddaughter, femalefirst.co.uk reports.

The singer reportedly stormed to London's Southgate school on Monday to confront a pupil who had been tormenting 13-year-old Dionne Bromfield.

A source said: "The altercation outside of the North London secondary school quickly turned sour when Amy began hurling abuse at the young accused bully

and began spitting at her."

Celebrity gossip blog I'm Not Obsessed added: "Amy's tirade did not stop there, as witnesses say that the 26-year-old then went on to shout at a group of Dionne's fellow students."

A passerby who managed to calm

Winehouse down

eventually stopped the altercation. The singer then agreed to sign autographs before leaving the school.

Winehouse is preparing to release Bromfield's debut album on her own label Lioness Records.

METRO WORLD NEWS



Penelope pregnant?

ADDING FUEL TO THE FIRE Penelope Cruz

was spotted leaving an OB/GYN office in Madrid with boyfriend Javier Bardem on her arm, further fuelling speculation that she's expecting a child, according to Hollywood.

The actress has repeatedly denied the rumours, going so

far as to storm out of an interview last week when the topic came up.

"I start getting some presents from friends saying, 'Congratulations, you're pregnant,'" Cruz told USA Today last month. "And I say, 'No, I'm not, so return the presents.' It's amazing."

METRO WORLD NEWS



Tyra a secret nudist?

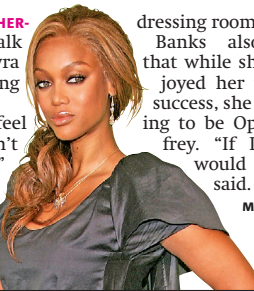
AT PEACE WITH HERSELF Model and talk show host Tyra Banks loves being naked.

"I always feel great when I don't have clothes on," Banks told Larry King. "Unless the lighting is bad in the

dressing room."

Banks also insists that while she has enjoyed her talk-show success, she is not trying to be Oprah Winfrey. "If I tried, I would fail," she said.

METRO WORLD NEWS



Celebrity tweets

Rob Thomas has trouble with the weather in his home state, **Taylor Swift** feels just fine about her fashion choices, **Jon Favreau** celebrates Rosh Hashanah, and **Demi Lovato** would rather not be awake.

• **@ThisIsRobThomas** i forgot how oppressively hot florida can get. the humidity goes through your clothes and into your soul.

• **@taylorswift13** I'm wearing argyle socks. It's going really well, i think i'll do it again sometime.

• **@Jon_Favreau** Happy New Year! Let's make 5770 count!

• **@ddlovato** It's raining, it's pouring, i wish i was snoring....



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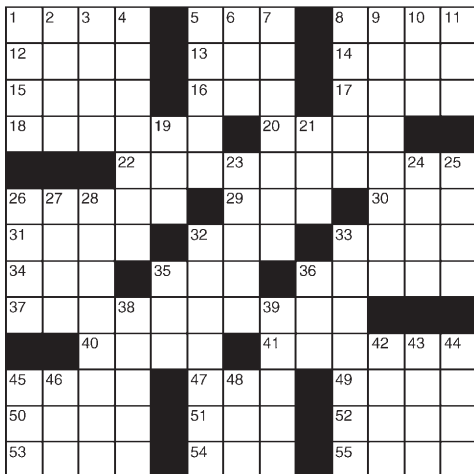
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WEEKDAYS AT 6 A.M.



ACROSS

- 1 Ballot dangle
- 5 Annoy
- 8 Puerto —
- 12 Jeans maker
- 13 French pronoun
- 14 Low pH
- 15 Cupid's alias
- 16 Favourite
- 17 Conked out
- 18 Melted-cheese dish
- 20 Talon
- 22 Chic, and then some
- 26 Assume for argument's sake
- 29 Layer
- 30 Slight amount
- 31 Author Turgenev
- 32 Bit of wordplay
- 33 Lascivious
- 34 Mai —
- 35 Branch
- 36 Briskly self-assured
- 37 "My fondest wishes"
- 40 Pulsate

- 41 Ceremony
- 45 Reed instrument
- 47 Menagerie
- 49 Capri, e.g.
- 50 Bank transaction
- 51 Conclusion
- 52 Trawler gear
- 53 They get connected
- 54 Shelter
- 55 Mardi —

DOWN

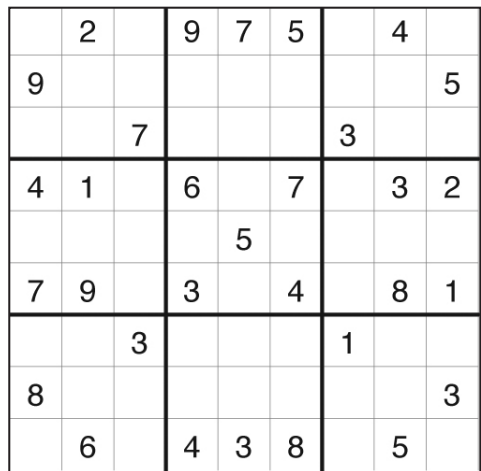
- 1 Staff leader
- 2 Medal earner
- 3 Shakespeare's river
- 4 Scorn
- 5 Urge onward
- 6 Shad product
- 7 Setting for Rachael Ray
- 8 Speeder spotter
- 9 It flows through the veins of the emotionless
- 10 Spy-novel org.
- 11 Peculiar
- 19 Last (Abbr.)
- 21 Dawson of

- football
- 23 Pollex
- 24 Stare stupidly
- 25 Vortex
- 26 Hummus holder
- 27 Elliptical
- 28 Regatta entry
- 32 Ballpark snack
- 33 Allowing
- 35 "Caught ya!"
- 36 Omega preceder
- 38 Adolescents
- 39 Wear away
- 42 Addict
- 43 Can. prov.
- 44 Minus
- 45 Antiquated
- 46 Greet the villain
- 48 Inseparable

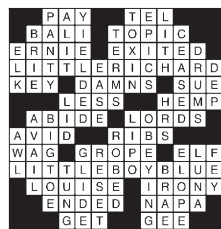
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	3	4	8	2	1	9	6	7
6	1	7	5	9	4	3	8	2
2	8	9	7	6	3	5	4	1
3	7	2	4	8	6	1	9	5
8	9	1	2	7	5	6	3	4
4	6	5	1	3	9	7	2	8
7	2	6	3	5	8	4	1	9
1	5	3	9	4	2	8	7	6
9	4	8	6	1	7	2	5	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Rosemary Oven Roasted Potato Chips

Submitted by Irene Leung, Port Dover, Ont.

INGREDIENTS:

- 2 medium sized potatoes
- 2 tbsp olive oil
- 1 tsp coarse salt
- 2 tbsp fresh rosemary leaves, roughly chopped
- Pepper to taste

METHOD:

1. Wash potatoes and chop the rosemary.
2. Slice the potatoes into thin rounds using a mandolin (if one isn't available, use a vegetable peeler).
3. In a large bowl, mix the oil, rosemary leaves, salt and pepper and toss the potato slices until coated.
4. On 2 baking sheets lined with aluminum foil for easy clean up, spread the potatoes in one layer and bake in a preheated oven at 350 F for about 5 minutes.

6. Flip the potatoes onto the other side, switch the position of the baking sheets on the oven shelves and bake for another 5 minutes.
5. Check to see if the potatoes have browned on both sides. Then repeat the turning-potatoes-and-alternating-the-sheets step, and bake for another 5 minutes or so until potatoes are golden brown and somewhat crispy on the outside.
6. Serve as a snack, or on the side with a hamburger or another main meat dish.

SERVES 2

PREP TIME: 5 MINUTES
COOK TIME: 10 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20



Everyday chores may be a pain but Mars will come to your rescue today. Whatever challenges you're called on to face, you will handle them all with ease.

LIBRA
SEPT 23-OCT 23



No matter what mishaps and misunderstandings there may be in other areas of your life, relationships are going rather well at the moment.

TAURUS
APRIL 21-MAY 21



Creatively and romantically this is one of the best times of the year, but it could be better still if you stopped thinking of everyone as a potential rival.

SCORPIO
OCT 24-NOV 22



You don't have to be a saint but you do have to realize that no matter what your problems may be most people would happily trade places with you.

GEMINI
MAY 22-JUNE 21



Life is always fun for those born under the sign of the twins, and even more so now. So don't waste time worrying; your only duty is to be happy.

SAGITTARIUS
NOV 23-DEC 21



The sun in the friendship area of your chart makes it easier to reach goals that depend on others. Being a team player will bring many benefits.

CANCER
JUNE 22-JULY 22



Both at home and at work you are more likely to learn things to your advantage if you use your mouth less and your ears more.

CAPRICORN
DEC 22-JAN 20



Be pleasant to people today. The more you smile and act in a non-threatening manner the more likely it is that important people will look on you kindly.

LEO
JULY 23-AUG 23



Your taste for luxury is legendary, but you will cut back on the good life today as you look around for ways to boost your income.

AQUARIUS
JAN 21-FEB 18



You will make quick work of whatever challenges crop up today — then you can turn your attention to more enjoyable things.

VIRGO
AUG 24-SEPT 22



Looking back a few weeks from now you'll be astonished how much time you wasted on trivial things. Get your act together, and start moving forward.

PISCES
FEB 19-MARCH 20



As Mercury is still moving retrograde you are advised not to trust what you are told by people who may, or may not, have an agenda of some kind.

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PRESS RELEASE

RECEIVERSHIP LIQUIDATION

In the matter of recent receivership of Russell Ventures Ltd, operating as The Livingroom/The Bedroom Shoppe, Hudson & Company Insolvency Trustees Inc. have authorized the liquidation of all remaining inventory.

The sale will take place at
56 Heritage Gate SE
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SUNDAY 11am – 5pm
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